



July & August 2009

# Murray Parks and Recreation



## CULTURAL ARTS

Grant Elementary .....801-264-7416

Heritage Center (Senior Programming) .....801-264-2635

Hillcrest Jr. High .....801-264-7442

Horizon Elementary ...801-264-7420

Liberty Elementary.....801-264-7424

Longview Elementary ..801-264-7428

Ken Price Ball Park .....801-262-8282

Miss Murray Pageant (Leesa Lloyd) .....801-446-9233

McMillan Elementary ..801-264-7430

Murray Area Chamber of Commerce. ....801-263-2632

Murray Arts Advisory Board (Mary Ann Kirk).....801-264-2614

Murray Boys & Girls Club .....801-268-1335

Murray City Cemetery...801-264-2637

Murray Community Education.....801-264-7414

Murray High School ....801-264-7460

Murray Museum .....801-264-2589

Murray Parks and Recreation Office ..801-264-2614

Murray Parkway Golf Course .....801-262-4653

Murray Park Aquatics Pool .....801-266-9321

Mick Riley Golf Course (SL County) .....801-266-8185

Parkside Elementary ...801-264-7434

Riverview Jr. High .....801-264-7446

Salt Lake County Parks and Recreation .....801-468-2560

Salt Lake County Ice Center.....801-270-7280

The Park Center.....801-284-4200

Viewmont Elementary..801-264-7438

### Evening Series

**MURRAY PARK AMPHITHEATER**  
**495 EAST 5300 SOUTH**

July 10-11  
8:30 p.m. **Ballet Under the Stars**  
*Produced by Ballet Centre in Murray*  
\$8 Adult, \$6 Child/Senior

Saturday, July 18  
8 p.m. **Murray Concert Band**  
*With Guest Artist, Percussionist Mike Cottam*  
\$5 Adult, \$3 Child/Senior, \$12 Family

July 27, 29, 31,  
Aug 3, 5, 7  
8 p.m. **Grease,**  
*Produced by MAC,*  
*Presented by special arrangement with Samuel French*  
\$8 Adult,  
\$6 Child/Senior



July 28, 30,  
Aug. 1, 4, 6, 8  
8 p.m. **Nunsense,** *Produced by MAC, Presented by special arrangement with Samuel French*  
\$8 Adult, \$6 Child/Senior

Saturday, Aug. 15  
7:30 p.m. **Ailine Touch of Polynesia,**  
*Produced by Friendly Islands Festival*  
\$5 General Admission

Aug. 21-22  
6 p.m. **Salt Lake Freedom Film and Storytelling Festival in Murray**  
*Tunes and Tales, Critter Tunes, Good Times, Pleasantly Spooky Tales*  
\$5 Adult, \$3 Child/Senior

Monday, Sept. 7  
6 p.m. **Murray Acoustic Music Festival,**  
*Produced by IAMA, Featuring Danny Stark, Second Hand Band, Ridin' the Faultline*  
\$5 General Admission

### Murray Arts in the Park Lunch Concert Series

**EVERY TUESDAY AT NOON IN MURRAY PARK PAVILION #5, FREE**

July 14 **Polkatonics,** Music from Germany and Austria  
July 21 **Red Desert Trio**  
July 28 **Young At Heart Line Dancing**  
August 4 **Banjoman & Co,** Bluegrass and a bit more

### Murray Arts in the Park Children Matinees

**EVERY FRIDAY AT 2 PM IN MURRAY PARK PAVILION #5, FREE**

July 10 **Prevailing Winds**  
July 17 **A Very Small House,** Puppet Players  
July 24 *Holiday - No concert*  
July 31 **How The West Was Won,** American Folk  
August 7 **America Sings,** Music Makers

### Family Night Series – Bring your Grandparents!

**THE 2ND MONDAY OF EVERY MONTH AT 7 PM, FREE**

**MURRAY HERITAGE SENIOR CENTER**  
#10 East 6150 South (Half block west of State)  
*Buy dinner from 5:30 to 7 p.m.*

July 13 **Fuego,** Latin Jazz Quintet  
August 10 **Hispanic Dance Alliance**  
September 14 **Mountain Jubilee Chorus**

### Murray Drama Camps

#### SESSION I

**Kids "Act" Up.** Come get a feel for the stage through improv games, stage combat, fun with props, along with a short performance for family and friends.

Ages: 8-14 years  
Dates: August 3-14  
Days: Monday-Friday  
Place: Murray Park Pavilion #5  
Time: 9-11 a.m.  
Cost: \$45 – Murray residents  
\$55 – Non-residents  
Class Size: Limit 30

#### SESSION II

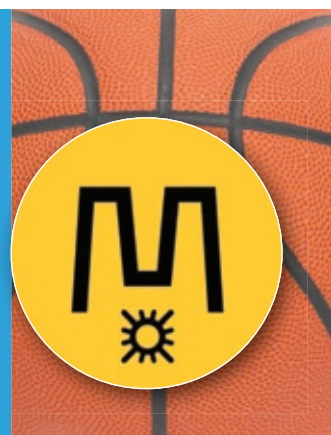
**Kids on Stage.** Come be a part of the stage through hands-on learning with theater games, music and creating theater masks for our own show for family and friends.

Ages: 5-7 years  
Dates: Aug 10-14  
Days: Monday-Friday  
Place: Murray Park Pavilion #5  
Time: 11 a.m. to 12 noon  
Cost: \$20 – Murray residents  
\$30 – Non-residents  
Class Size: Limit 15



**Paid for by the Murray Parks and Recreation**





# The Heritage Center 801-264-2635 ■ #10 East 6150 South

The Heritage Center, a recreational facility for persons 55+, is at 10 East 6150, Murray. The center is open Monday through Friday 8 a.m. to 4:30 p.m. and Thursday evenings until 10 p.m. Monthly newsletters are available at the center or on line at [www.murray.utah.gov](http://www.murray.utah.gov) detailing information on classes and services offered.

## Lunch

Lunch is served Monday-Friday at noon. *Reservation are necessary and must be made no later than 12:30 p.m. the day prior.* Cost is \$3.00. A take out meal is available for \$3.50. The salad bar is available 11:30 a.m.-12:15 p.m. Cost is \$1.50 for a small salad and \$3.00 for a large salad. In addition to the salad bar, soup is available during the fall and winter months for \$2.00 a bowl. *No reservation needed for the salad bar or soup.*

## Health Services

**Blood Pressures/  
Glucose Checks** –  
Every Thursday from 10  
a.m. to noon.

**Massage Therapy** –  
every Friday, 11:30 a.m.-  
4:15 p.m. *Appointments  
are required.* Cost is \$8  
for 15 minutes, \$16 for  
30 minutes and \$36 for  
one hour.

**Toenail Clipping** – July 30, 9-10:30 a.m.  
*Appointment required.* Cost is \$5.00.

**Blood Testing** – Aug. 20, 9-11 a.m. *Appointment  
required.* Basic Screening \$35.

**Balance & Fall Prevention/Physical Therapy  
Assessments** – July 31, 10 a.m. Free.



## Trips

*Pre-Registration required for all trips. Call Center for  
registration dates.*

**Wendover & Rainbow Casino** – July 9, 8:30 a.m.  
Cost is \$15.

**Fort Douglas Military Museum** – July 14, 11:15  
a.m. Cost is \$3.

**Murray Arts in the Park Lunch Series** –  
July 21, 11:15 a.m. Cost is \$6.

**Payson Salmon Supper** – August 7,  
2:30 p.m. Cost is \$20.

## Dance

**Social Dance** – Thursdays, 7-10  
p.m. Music by Tony Summerhays.  
Cost \$4 per person.

**Line Dancing** – Tuesdays.  
Advanced at 10:15 a.m.,  
Beginners at 2 p.m. \$1.50 per  
class.

**Square Dancing** – Thursdays,  
1-2:30 p.m., \$1.50 per class.



## Classes

**\*Computer Classes** – Basic I, II, III, Internet, E-mail  
and others.

**Ceramics** – Instruction Mondays, Tuesdays and  
Thursdays 8:30 a.m. to noon. Fee \$1 per class.  
*Greenware and supplies available for purchase.*

**Crafts Group** – Tuesdays at 12:45 p.m.

**Weight Watchers** – Thursdays at 5:30 p.m.  
*Membership required.* Call for information on starting.

**The Importance of Exercise** – July 21, 10:30 a.m.  
*Registration required.* Free lunch for attending.

**AARP Defensive Driving** – Two separate classes.  
July 10 & Aug. 7, 8 a.m.-12:30 p.m. Cost is \$14. *Pre-  
registration required.*

## Recreation

**Pinocle** – Weekly tournaments on Wednesdays,  
9:30-11:30 a.m. Cost \$2 per week. *County-wide  
Pinocle Tournament* – Saturday, Nov. 17, 10 a.m. to  
noon.

**Bridge** – Chicago/Party Bridge on Wednesdays and  
Fridays, 1-4 p.m.

**Bingo** – Wednesdays and Fridays, 12:45 p.m. Six card  
limit; donations are appreciated.

**Pool/Billards** – Open tables 8 a.m.-4 p.m. No charge.

**Red Hatters** – Meets the 1st and 3rd Thursdays of  
the month at 12:45 p.m. for BONKO & Hand & Foot.

**HUGS Computer Group** – Heritage Users Group for  
Seniors. Meets the second Wednesday of each month  
at 1:30 p.m.

**Birthday Wednesday** – The first  
Wednesday of every month,  
the center celebrates  
participants' birthdays. If  
it is your birthday month,  
come and enter a drawing  
for a free center lunch.

**Remote Control Airplane  
Club** – 2nd Thursday of each  
month at 7:30 p.m.

**Movies** – Every Monday at 1 p.m. Movies  
shown on our big screen. Call for specific titles.  
Free of charge.

**Golf** – July 20: Riverbend at 7:30 a.m., \$37.  
Aug 3: Round Valley at 8 a.m., \$43.  
Aug 17: Davis Park at 7:30 a.m., \$40.  
Aug 31: Glendale at 8 a.m., \$38.  
Sept 28: Meadowbrook at 8:30 a.m., \$35.  
*Must register one week before the tournament.*

**Silver Pen Essay Writing Contest** – Due  
Sept. 9. Call for details.

## Services

**\*Attorney Consultations** – Third Wednesday of the  
month, 11 a.m. to noon. *Appointments required.* No fee.

**\*Outreach Worker** – from Salt Lake County Aging  
Services, July 14 and August 11 at 10 a.m. *Appointments  
required.*

**Transportation** – The Center's bus runs on Wednesday  
and Friday for Murray residents. Cost is \$2 a person and  
advance reservations are needed. First time riders need  
to complete a brief application.

## Exercise Classes

**Aerobics Low Impact** – Tuesdays and Thursdays at 9  
a.m. Fee: \$15 per month, punch or \$3.

**NIA** – Mondays and Fridays at 9 a.m. Fee: \$20 per  
month, punch or \$3.

**Strength Conditioning** – Tuesdays and Thursdays at 2  
p.m. Fee: \$15 per month, punch or \$3.

**Yoga** – Wednesdays at 10:15 a.m. Fee: \$10 per month,  
punch or \$3.

**Tai Chi** – Tuesday and Thursdays at 10:30 a.m. Fee: \$15 a  
month, punch or \$3.

**Chair A-Robics** – Wednesdays and Fridays at 11:15 a.m.  
Fee: donations welcome.

**Exercise Room** – Open daily with treadmills,  
recumbent bicycle, Elliptical, and weight equipment.  
Fee \$5 per month.

## Special Events

**Patriotic Celebration** – July 15, 11 a.m. with  
the "Miss Broadway Show." A special  
patriotic inspired lunch will follow  
at noon. *Pre-registration is  
required.* Cost is \$4.

**Family Evening Concerts**  
– Begin in June. Bring your  
children, grandchildren,  
friends, and neighbors to  
the Family Evening concerts  
in the backyard at the Heritage  
Center. The concerts are free and are  
held the second Monday of every month

with music starting at 7 pm. If you'd like to come early  
and buy dinner, food will be available from 5:30-7 p.m.  
or you are welcome to bring your own picnic. Complete  
meals are available to purchase in advance for \$5 or \$6 at  
the door. Advance dinner tickets will be on sale starting  
in June when the June menu is out. The entertainment  
is sponsored by the Murray Cultural Arts department.  
The summer concerts begin at 7 p.m. and the schedule  
includes: July 13 – Latin Jazz Quintet, August 10 –  
Hispanic Dance Alliance, September 14 – Mountain  
Jubilee Chorus.







July & August 2009



## RECREATION

### Girls Fall High School Basketball League



Get a jump on your high school basketball season by playing in the Girls Fall High School Basketball League. This program is for 9 - 12 grade girls who love basketball. It is a "no coach" program with mandatory substitutions to rotate players. The league is open to all high school teams and certified officials will be used for the games.

Games will be played Mondays & Wednesdays beginning September 14. The cost is \$350 per team.

### Jr. Real Soccer

Murray Parks and Recreation has joined with Real Salt Lake to offer a new program called Jr. Real Soccer. Beginning this fall our community will participate in Jr. Real Soccer. All participants will receive a jersey, a game ticket to a Real Salt Lake game, team and individual pictures, and an award plus play 8 games. Soccer is the #1 sport in the world and played by more people. It's a game in which everyone can play. Signups are being taken right now for the upcoming spring season. Grades K-6th play recreational soccer while grades 7-9th play competitive soccer (some teams may be coed). All games are played on short-sided fields to increase individual playing skills. Games will be played on Thursday evenings and Saturday mornings. Coaches are needed, so please volunteer.

Dates: August 22 - September 19

Ages: Grades K - 9th grade

Cost: Fall Only \$45 Residents,  
\$55 Non-Residents,  
\$5 Late Registration

Deadline: Wednesday, July 22, 2009

Registration: Murray Parks & Recreation  
or The Park Center  
You register online  
at [mcreg.com](http://mcreg.com)



### Fitness Trainers at the Park Center



Danny Williams  
Murray Rec. Center personal trainer

Now available for personal training at the Murray Rec. Center, Danny Williams is dedicated to assisting the community in achieving the results they're looking for. Having several certifications ranging from sports enhancement all the way to corrective exercise, he is capable of working with many different types of people and circumstances. He is passionate about personal training and seeing his clients transform their goals into reality. The name of his business is Results Fitness which is exactly what you should expect when training with him.....RESULTS. For a free consultation or any questions about personal training please feel free to contact him via telephone at 801-792-7863 or email at [results\\_fitness@hotmail.com](mailto:results_fitness@hotmail.com).

### The Park Center

Friday August 21st thru Sunday August 30th The PARK CENTER will be CLOSED for annual cleaning. The Center will re-open in the fitness and aquatic areas on Monday, August 31, at 5 a.m. The gymnasium and studios will open on Monday, September 7, 2009,

#### Friday, JULY 24th HOURS

Park Center 9 a.m.-5p.m. *No kidzone or fitness classes*  
Outdoor Aquatic Center 10 a.m.-6 p.m.

#### Monday, September 7th LABOR DAY HOURS

Park Center 9 a.m.-5p.m. *No kidzone or fitness classes*  
Outdoor Aquatic Center 10 a.m.-6 p.m.

The OUTDOOR AQUATIC CENTER will close for the season Monday September 7th at 6 p.m.

#### TOUR D'FRANCE begins July 5, 2009

Plan to join our Spinning rides each day as we race the flats, attack the hills, and endure the challenges!

We will simulate each stage of the tour in our classes ... complete all 21 stages (or rides) and receive an award for participation and for completing the "Tour."



## Rachel Farr

PERSONAL TRAINER

Associate in Health and Fitness  
NASM Certified Personal Trainer, TRX STC Certified

### Services:

TRX Training • Resistance Training  
Cardiovascular Conditioning  
Strength/Stability Training  
Flexibility Training

**60-Minute Session: \$55**

**Partner Training Sessions: \$35**

**Group Training (3-5 persons): \$25**

MORNING APPOINTMENTS AVAILABLE

[rachel.fitpt@gmail.com](mailto:rachel.fitpt@gmail.com)  
801-718-2352





July & August 2009

# RECREATION (cont.)

## Fall Youth Lacrosse

Murray City will be starting a fall Lacrosse program for boys and girls. Lacrosse is one of fastest growing sports in the United States. This program is excellent for anyone who wants to learn the sport. The program will emphasize skills development, learning to shoot, learning to pass and catch and other aspects of Lacrosse. The program will be broken down into different age groups. Boys and girls will play in separate divisions unless we have to combine them numbers. Kids 3-4 grade, 5-6 grade, and 7-8. Participants in grades 3-6 will play non contact and must have a mouth guard. Murray Recreation will provide sticks. Grades 7-9 will play in a "No Check league" and must provide their own helmet and gloves.

Dates: September 21 to October 28  
Cost: \$50  
Grades: 3-4, 5-6, 7-8  
Days: Monday and Wednesday nights  
Place: Murray Park  
Deadline: Wednesday, September 2, 2009  
Register: Murray Parks and Recreation office in Murray Park or online at [www.mcreg.com](http://www.mcreg.com)



## Fall Softball Leagues



Play seven games during the beautiful fall. Murray City provides the softballs. Teams from last year receive first priority in the league. We will be starting a new Coed League on Thursday nights. The first eight teams that sign up will gain entry into the league.

Dates:	Mondays	Coed League	August 24-October 12
	Wednesdays	Men's League	August 26-October 7
	Thursday	New Coed League	August 27-October 8
Cost:	\$225		
Place:	Murray Park Softball Field		
Deadline:	Friday, August 7, 2009		
Register:	Murray Parks and Recreation Office in Murray Park		

### Family Triathlon

Held on Monday, September 7, 2009 in Murray. Swim, Bike and run or mini Triathlon. Call Murray Parks and Recreation for more information.

## Start Smart

An instructional program in which children can learn basic motor skills necessary for future sports participation. The program is designed to help children prepare for organized sports without the threat of competition or the fear of getting hurt. There are six weekly, one hour sessions, in which children work in groups with a parent. They rotate through various motor skill stations like throwing, catching, kicking, and batting. Skills will be set to games. All youth will receive a t-shirt and award.

Dates: **Session I**  
September 8-October 4  
**Session II**  
October 13-November 17  
Place: Hillcrest Jr. High Back Gym  
Class Times: 6 p.m. and 7:15 p.m.  
Cost: \$30 – Resident  
\$35 – Non-resident  
Register: Murray Parks and Recreation Department in Murray Park



## Boys Flag Football

Boys Flag Football 2nd grade division. A great alternative to tackle football. Learn all the skills associated with the game of football. Everything is the same as regular football except flags are used instead of tackling. Play 8 to 10 games.

Dates: September 26 to October 27  
Grades: 2, 3-4, 5-6  
Cost: \$35 – Residents  
\$45 – Non-residents  
Place: Murray Park Softball Field  
Deadline: Wednesday, September 2, 2009



## Flag Football 101

Flag Football 101 is part of the Learn To Play Sports Program. Murray City Recreation is committed to making sports fun for kids and by offering programs like this, we feel the kids, in the long run, will benefit. This six week program is designed to teach the children the skills of football. Both boys and girls are encouraged to participate in this program. It's fun, safe, and exciting for the kids! A parent is required to be at each weekly session.

Date: September 26-October 31  
Cost: \$35 – Residents  
\$45 – Non-resident  
Place: Park Center Cove in Murray Park  
Ages: 4-6  
Deadline: Wednesday, September 2, 2009







## Girls Fall Volleyball

This program is designed for girls in 2nd - 9th grades. The program will emphasize skill development, instruction, clinic, and game competition. In addition to games, there will be weekly practices. Participants will play in the following divisions: 2nd-4th (instructional), 5th & 6th (recreational), 7th - 9th (competitive). Practices begin: TUESDAY, SEPT. 22. GAMES BEGIN MON. SEPT. 28

- Dates: September 22-October 28  
Place: Hillcrest Jr. High  
Cost: \$35 – Resident  
\$45 – Non-resident  
Grades: 2-4, 5-6, 7-8, 9 competitive  
Deadline: Wednesday, September 2, 2009

## Fall Top Flite Basketball League

Flag Football 101 is part of the Learn To Play Sports Program. Murray City Recreation is committed to making sports fun for kids and by offering programs like this, we feel the kids, in the long run, will benefit. This six week program is designed to teach the children the skills of football. Both boys and girls are encouraged to participate in this program. It's fun, safe, and exciting for the kids! A parent is required to be at each weekly session.

- Date: September 26-October 31  
Cost: \$35 – Residents  
\$45 – Non-resident  
Place: Park Center Cove in Murray Park  
Ages: 4-6  
Deadline: Wednesday, September 2, 2009

# RECREATION (cont.)

## Matt Harpring Basketball Camp

Register now for one of the hottest basketball camps around. Space is limited so register today. Awards are given. Each player will receive a t-shirt, basketball, autograph picture with Matt Harpring, and much more.

- Dates: July 27-30  
8 a.m. to Noon  
1 to 5 p.m.  
August 3-6  
8 a.m. to Noon  
1 to 5 p.m.  
Cost: \$165 for one camper  
\$290 Two sessions or two campers in same family for one session  
\$336 Three sessions or three campers in same family for one session  
\$400 Four sessions or four campers from same family for one session  
Place: The Park Center in Murray  
202 E. Murray Park Avenue

More information coming soon!!!!

